

ACHPER Queensland Brisbane HPE Conference 2014

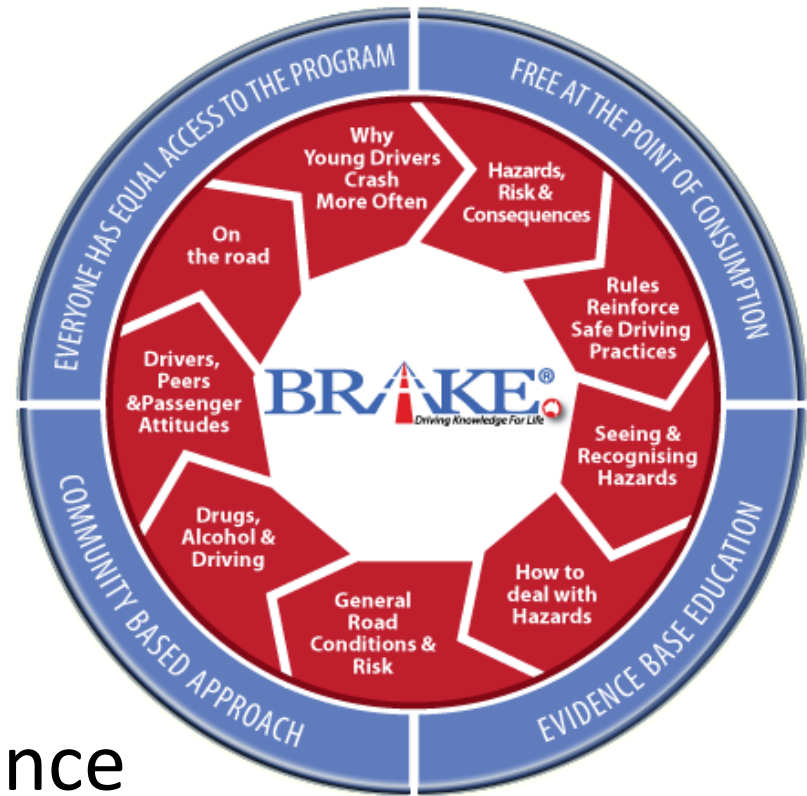
The BRAKE Driver Awareness Program & Senior Health Education

Rob Duncan | CEO BRAKE

Hugh Shannon | HPE Lecturer QUT

Session overview

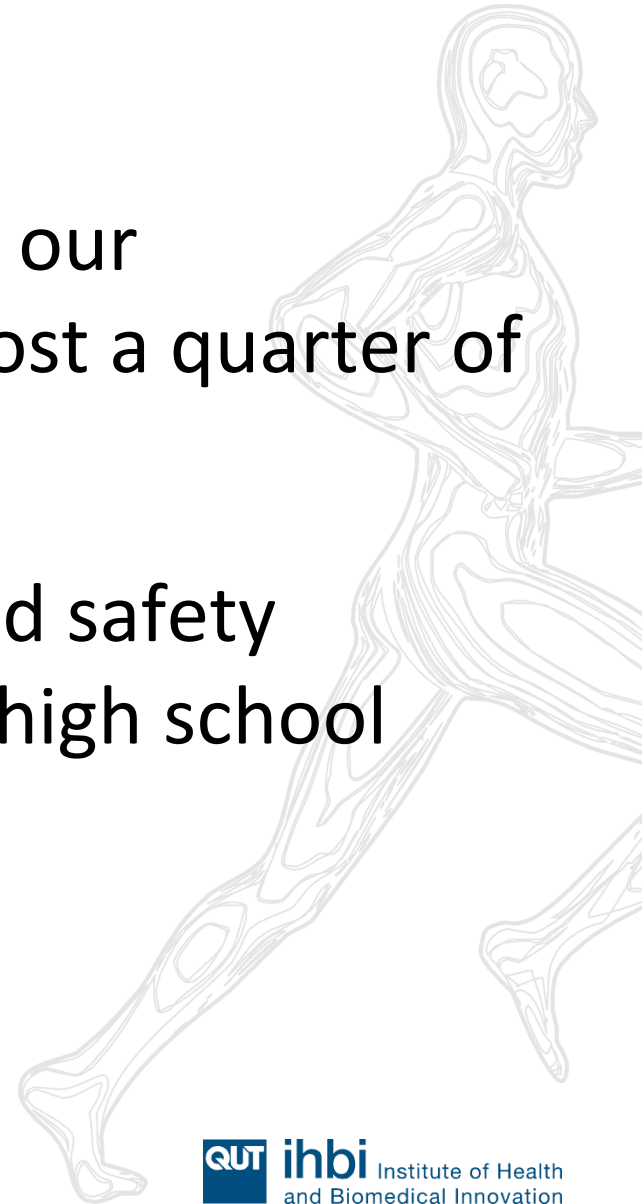
- The BRAKE story
- Curriculum focus
- Questions & correspondence



Built for teachers to deliver
and for the community to support

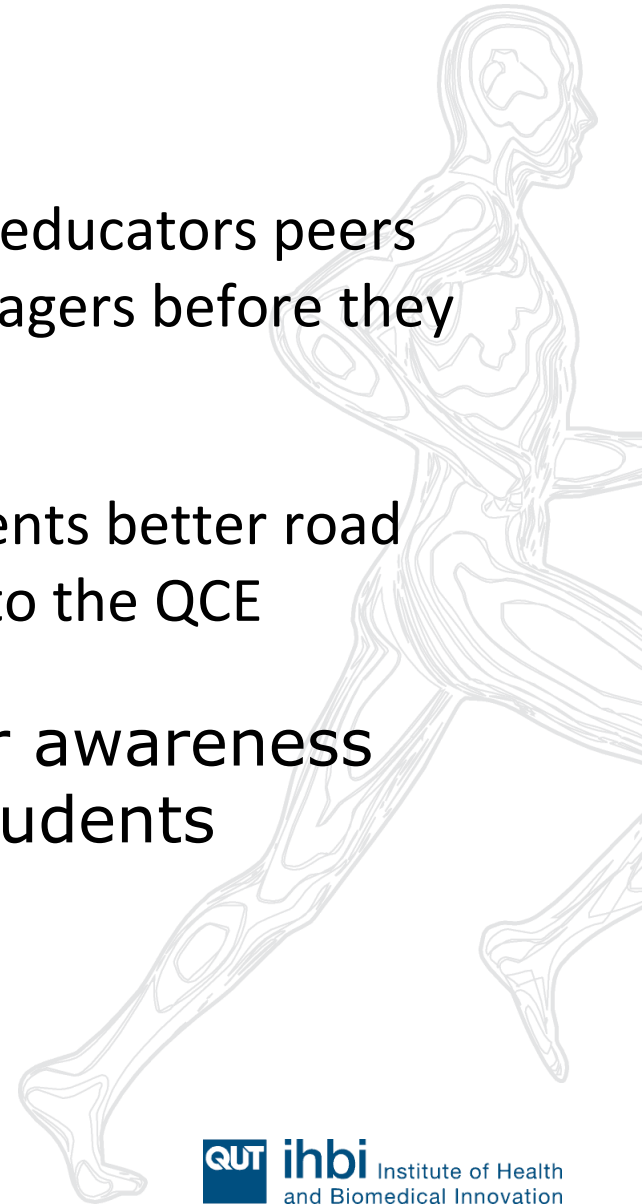
The BRAKE Story

- Young drivers represent 12% of our population yet account for almost a quarter of road fatalities
- Australian charity providing road safety awareness education to senior high school students



The BRAKE Story

- We need a community of parents, carers, educators peers and other key influencers to prepare teenagers before they get behind the wheel
- Our evidence-based program makes students better road users and they receive a one point credit to the QCE
- Australian charity providing driver awareness education to senior high school students



The BRAKE Story

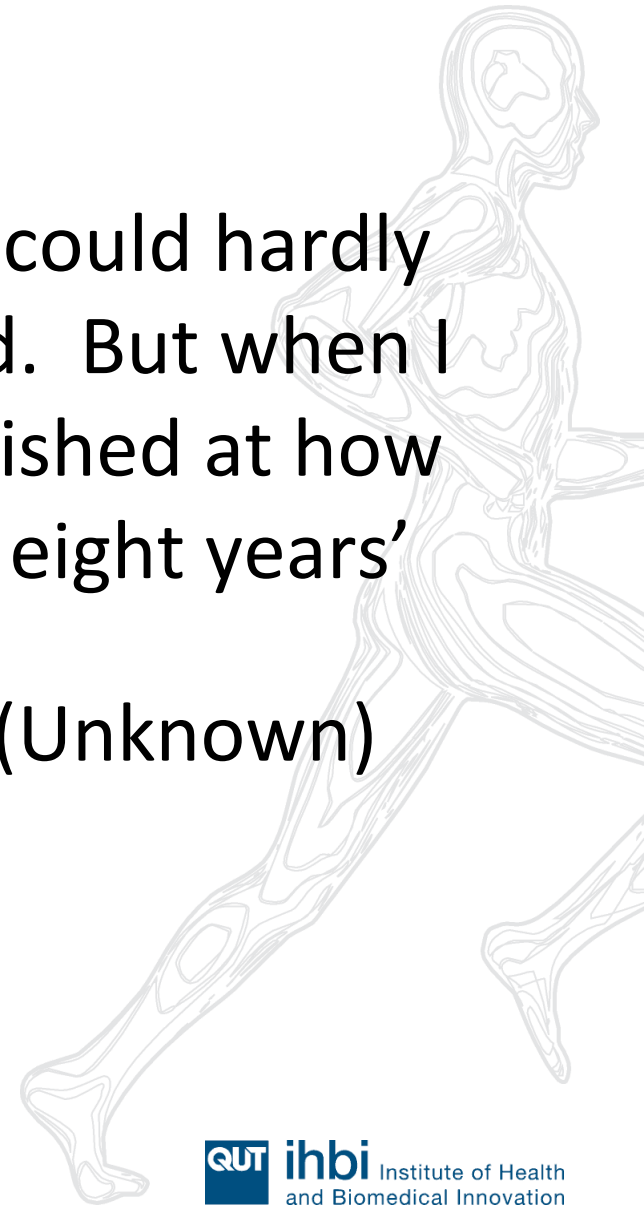
- >100 Secondary Schools
- >50,000 participants
- >500 trained teachers.



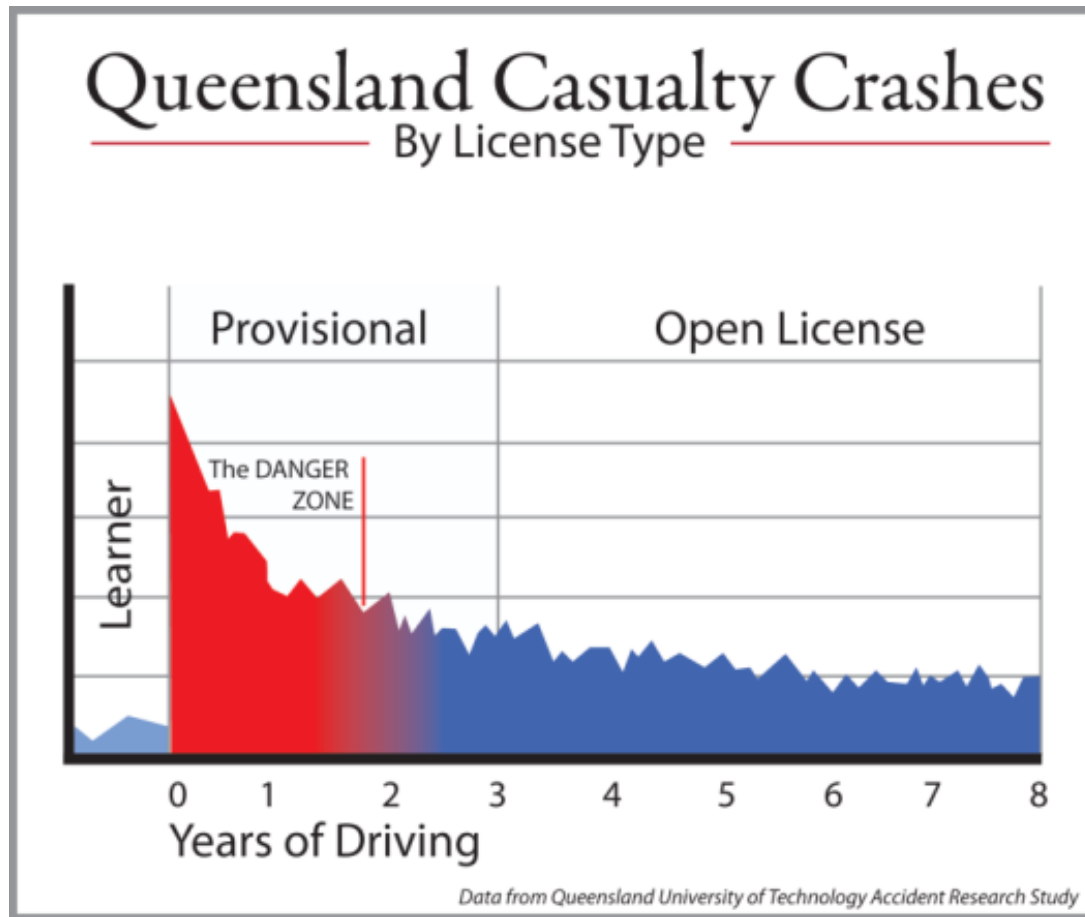
Brain Development

‘When I was a boy of seventeen I could hardly stand to have the old man around. But when I got to be twenty-five, I was astonished at how much the old man had learned in eight years’

(Unknown)



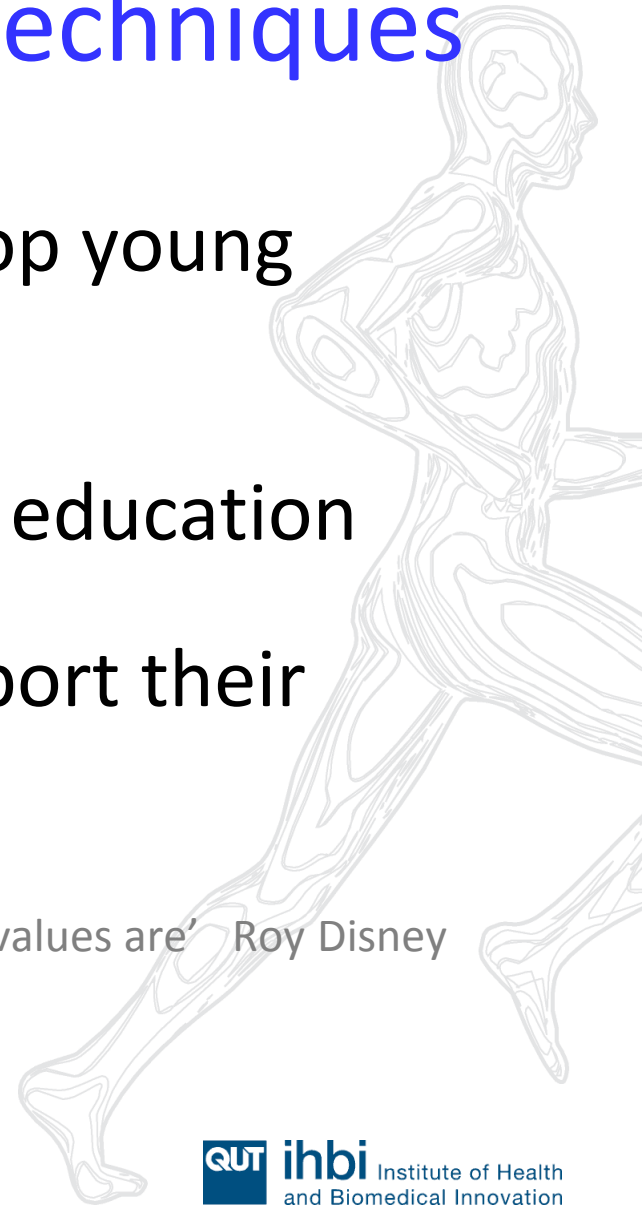
Queensland Casualty Rates



BRAKE Provides Tools & Techniques

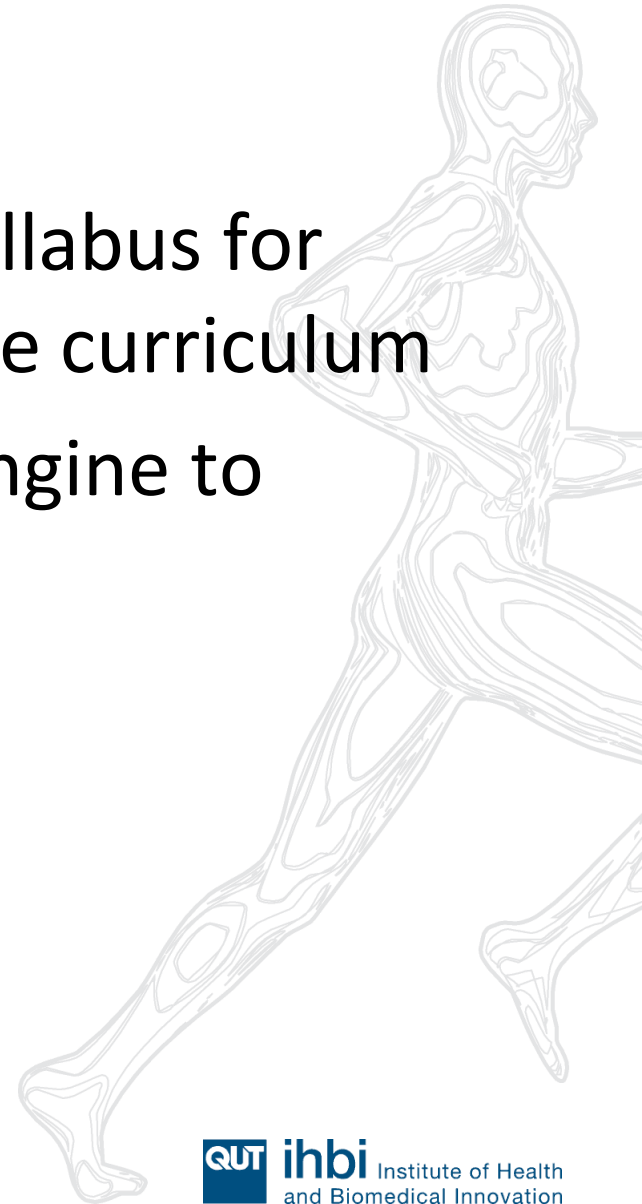
- Provide the tools to help develop young peoples' risk based skills
- Support teachers to deliver the education
- Help parents and carers to support their children or wards

'It's not hard to make decisions when you know what your values are' Roy Disney



BRAKE Program

- BRAKE provides an 8 module syllabus for teachers to deliver as part of the curriculum
- We invested in a central web engine to manage:
 - Student enrolments
 - School enrolments and QCE points
 - Teacher support
 - Parent support
 - Community engagement
 - Sponsors



Student Feedback

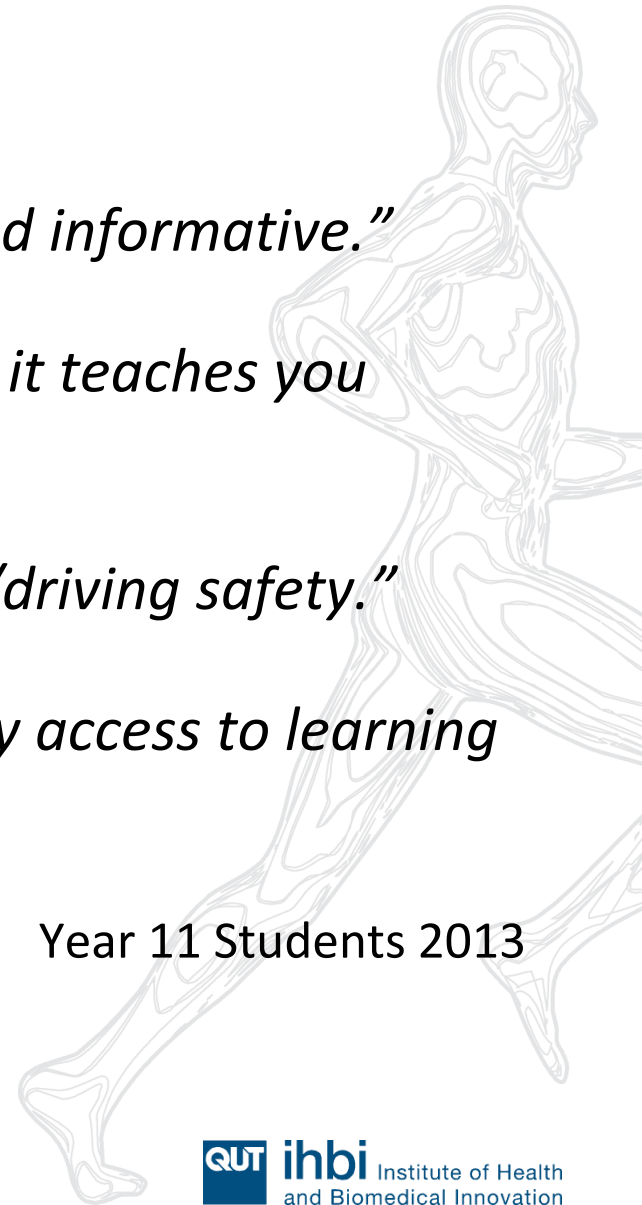
“The BRAKE program was very interesting and informative.”

“I think every student should do this because it teaches you about car safety.”

“This course is a great start to learning road/driving safety.”

“This course is also good because it is my only access to learning this stuff.”

Year 11 Students 2013



Curriculum focus

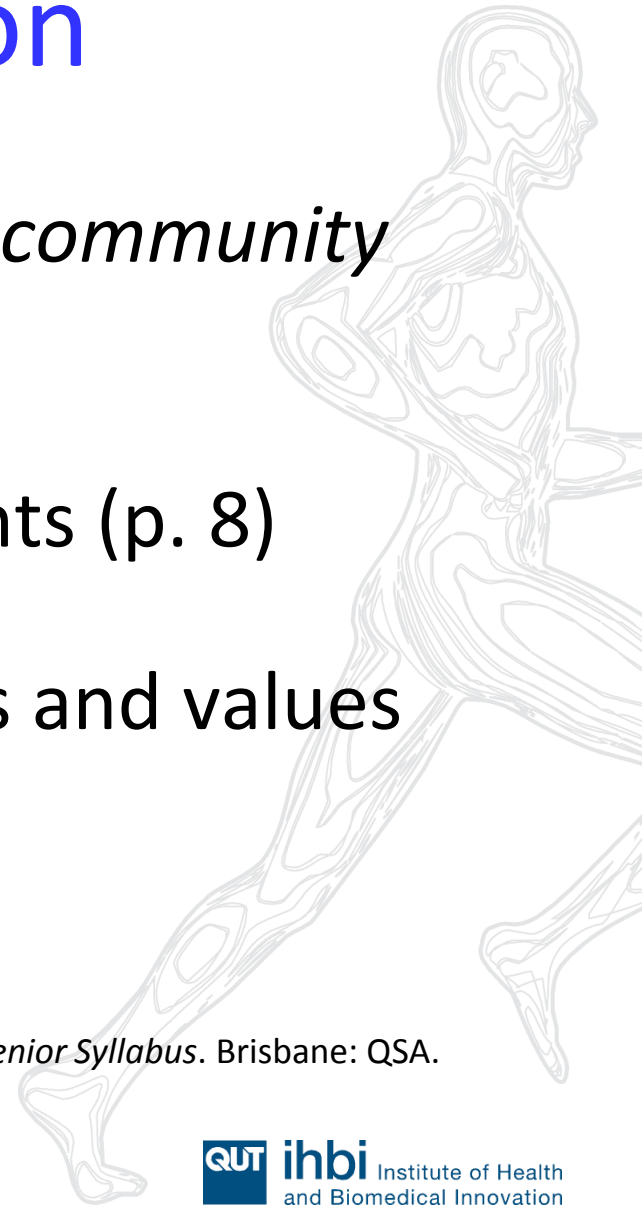
- Pastoral care, social action and personal development programs
- Queensland Certificate of Education
- Health Education Senior Syllabus 2010



Senior Health Education

- Core contexts: peer health and *community health* (p.7)
- Psychosocial health determinants (p. 8)
- General objective 2.4: Attitudes and values (p.4)

Source pp. 4, 7 & 8: Queensland Studies Authority. (2010). *Health Education Senior Syllabus*. Brisbane: QSA.



Attitudes and values

Health Education is designed to assist students to:

- appreciate the interactions between personal health, community health and the state of the environment
- value the maintenance of a healthy lifestyle
- appreciate that all members of the community can contribute, in varying degrees, to improving their own health, health standards in the community and the state of the environment
- appreciate that they can act individually and collectively to achieve better health for themselves and others
- value the rights of all people to improve the health of individuals, groups and communities.

Source p. 4: Queensland Studies Authority. (2010). *Health Education Senior Syllabus*. Brisbane: QSA.

Senior Health Education

- Inquiry process: defining and exploring the issue (p.6)

The inquiry process involves:

- defining the issue — this phase introduces students to the unit's health issue and develops their understanding of the determinants of the health concern (biophysical, psychological, social and environmental), the stakeholders and the social justice factors that result in inequities, barriers and challenges for sections of the population
- exploring the issue — this phase involves an exploration of the health issue by employing the investigative lens of the Ottawa Charter Action Areas and social justice principles. This phase establishes the barriers and facilitators of health-related outcomes and engages students in problem identification and prioritisation of objectives for strategies for actions

Source p. 6: Queensland Studies Authority. (2010). *Health Education Senior Syllabus*. Brisbane: QSA.



Questions & correspondence

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